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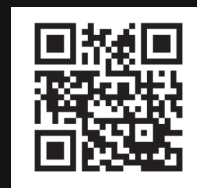


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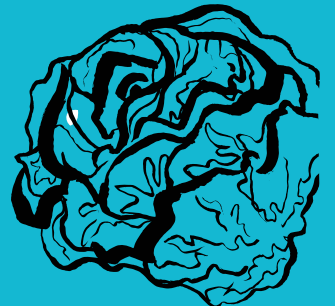
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CITYPAGES  
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**"BEST VEGAN"**  
City Pages, 2018

## Keg & Case market is finally open in St. Paul. Here are 5 things to know before you go.

BY STACY BROOKS

Keg and Case, the 33,000-square-foot food hall housed in a former storage building at St. Paul's Schmidt Brewery complex, opened in September after months—nay, years—of eager anticipation and rampant speculation. (Remember the big reveal of the smoked-meat centric “Revival concept”?)

Here's what you need to know about the Twin Cities' buzziest new food venue.

### 5. You can work up an impressive sugar high

Sweet Science Ice Cream is scooping up organic, all-natural ice cream and sorbet (the employee behind the counter recommended berry crumble, and he didn't steer us wrong). Rose Street Patisserie has a counter with chocolates and caramels. Spinning Wylde offers cotton candy in grown-up flavors like limoncello and honey rose. House of Halva is selling several flavors of halva, a Middle Eastern confection made with sesame and sugar. There's even a little Bogart's Doughnut Co. counter for your brown-butter-glazed needs.

### 4. But there are some healthy options

In addition to their traditional sweets, House of Halva offers two sugar-free halvas. Green Bee Juicery serves raw, nutrient-dense fruit and vegetable juices—we particularly enjoyed the Classic, a blend of apple, lemon, and ginger.

### 3. Some of the food is very locally grown

Honey purveyor Worker B has a glass-walled hive on-site, so you can watch the bees in action. The shop also stocks honey from across the state, country, and globe. At Forest to





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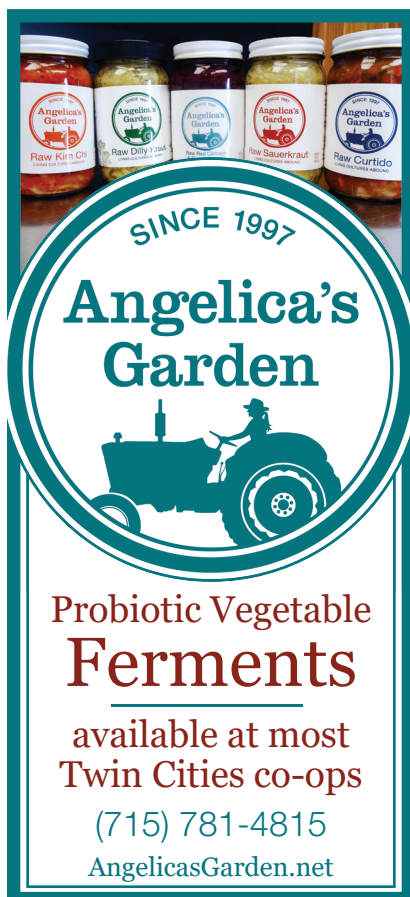


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Fork, a wild-food grocer, you can gaze through a glass enclosure at an assortment of mushrooms bursting out of towering stacks of substrate cubes. (This will either strike you as the coolest thing you've ever seen or kind of gross.)

## 2. It's a shopping destination, too

While much of the hype has focused on the restaurants and prepared food stalls, there are also some great items to bring home for later. K'nack is an old-school butcher counter with smoked sausages, bacon, ham, and charcuterie. Gazta & Enhancements sells local and artisan cheeses and accompaniments. Hobby Farmer has a variety of pickles (try the zesty beets) plus switchel, an apple cider vinegar-based beverage. Croix Valley Foods offers a selection of barbecue sauces and seasonings. And there are a few non-food vendors, too: Studio Emme is a modern floral studio; Evla Pottery sells pottery and abstract oil paintings; Hand Mod creates decor from reclaimed materials.

## 1. Be sure to check out the view from the mezzanine

The food hall's mezzanine level is occupied by Clutch Brewing Company, which serves a lineup of intriguing beers like Outta Style, made with barley, rice, maize, and oats; and Chrysalis, a "chai Infused RyePA." Grab a pint, settle into one of the vintage-style couches, and watch the crowds and the mushroom farm below.

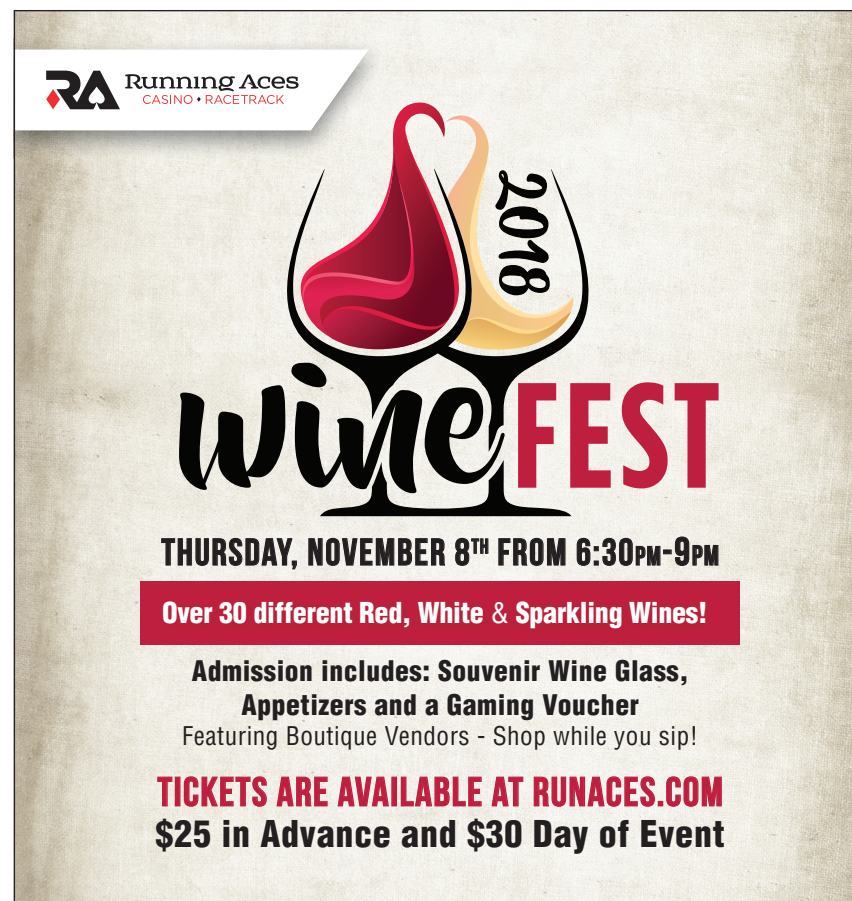
### KEG & CASE

928 W. Seventh St., St. Paul  
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## New head chef brings a taste of Texas to Northern Coffeeworks

BY EMILY CASSEL

The name isn't incidental: Northern Coffeeworks has always been damn proud to be a Minnesota shop.





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"Our mission is simple," their website tells you, "serve amazing, wholesome, and sustainably sourced coffee and food, in a space that reflects the beautiful scenery of our home state of Minnesota."

Fitting, then, that new head chef Jake Johnson is a native...Texan?

"I'm trying to kind of fuse the two," Johnson grins, fully aware he's in a place that—geographically and spiritually—couldn't be further from his roots. "The Texas comes out a little bit."

Since stepping into the one-year-old coffee shop's kitchen in August—before, he was a cook at the Bachelor Farmer restaurant and then a manager at the Bachelor Farmer cafe—there's been an ever-so-slight Southern shift. You'll see it in new dishes like Texas Caviar: a summery corn and bean salad common in the Lone Star State that you won't see too many places around here. (This being Minnesota, Johnson's version also gets cheese curds.) And the biscuits on the Northern Coffeeworks menu now are an adaptation of his mom's recipe.

It's not a total Texas takeover. The Cabin Breakfast is a staple; the waffles are sticking around. Offerings will continue to stay somewhat consistent but morph seasonally—expect sweet potatoes or butternut squash to make an appearance in the skillet hash soon—along with gingerbread and pumpkin bread in the pastry case. Baristas have been whipping up pumpkin spice lattes (with real pumpkin puree) this fall.

Plus: "Being from Texas, I like chili, so I'll probably make a chili."

But this will be Texan chili by way of Minnesota. "I think what I'm really trying to focus on is: local food, local purveyors," Johnson says, name-dropping the Fish Guys, Twin Organics, and DragSmith Farms. (Northern's produce delivery arrives during our conversation, and Johnson and DragSmith co-owner Maurice Smith laugh when they realize they're wearing matching hot-pink T-shirts printed with the farm's name.)

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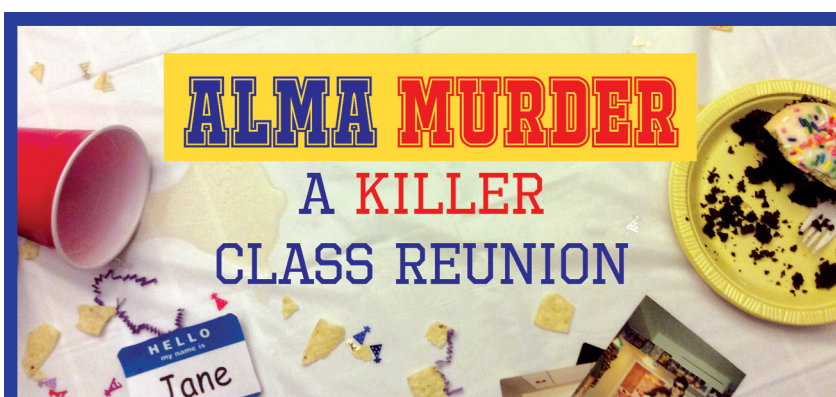




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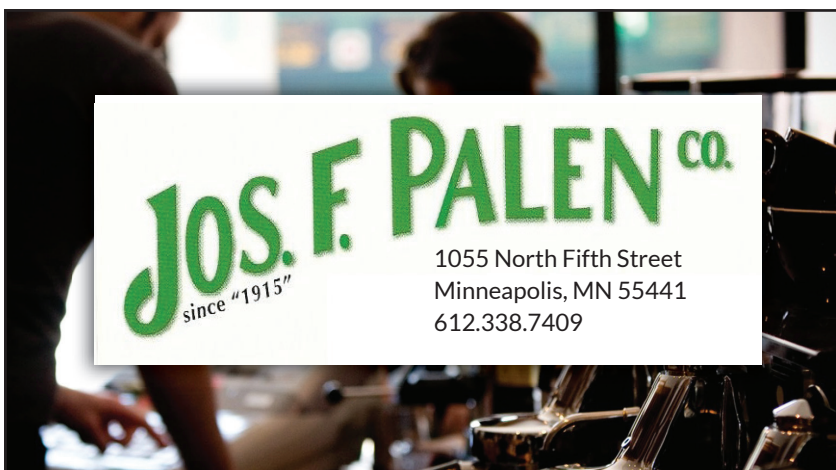
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They're doing burgers on Fridays now, with local, house-ground Peterson beef, caramelized onions, cheddar, and from-scratch aioli and bread and butter pickles on a Patisserie 46 milk bun. And Northern hosted its first-ever dinner pop-up in late summer, a series that will likely continue, with one this winter and more as the seasons go on.

"Just another way to showcase all the local farms that we're using," the Texan says simply.

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***A pay-what-you-can restaurant is coming to south Minneapolis***

BY EMILY CASSEL

In her 15-plus years in food service, Anna Wienke has done it all. She's been a server at Morton's Steakhouse; she's volunteered at St. Stephen's homeless shelter.

Those roles couldn't be more different—one meant serving sirloins to the wealthy, the other, dishing out food from tin foil trays. But her big a-ha moment came when she decided to combine the two.

"I had waited on millionaires, and the thought occurred to me of, like, why don't I wait on these guys like I used to wait on millionaires?" Wienke says.

So, she did. And then?

"The whole atmosphere of the room changed," she recalls. "It was a beautiful thing. I had no idea that's what was going to happen."

Heads lifted; smiles appeared. She started applying her fine-dining training at every service, and wondered if other changes might make a difference, too. What if they moved the tables together so everyone sat as a

CONTINUED ON PAGE 25 ►

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group? What if food wasn't served out of bulk platters, but was delivered to the table?

It could have ended there, but Wienke had more questions. Questions like: What if this wasn't a shelter? What if it was a restaurant?

Soon, those questions will be answered by the entirely pay-what-you-can Provision Community Restaurant, which Wienke plans to open in Greater Powderhorn or Nokomis as soon as November or December. She's assembled a star-studded board of directors that includes Brent Frederick of Jester Concepts (Parlour, Borough, Monello) and Jared Brewington of the recently opened Funky Grits, along with nearly a dozen others.

"There's so many stories of people who have just shown up, who have heard somebody else talking about it, who are like, 'What are you talking about, and how do I get involved?'" Wienke says. "People have volunteered their time... It's kind of restored my faith in humanity."

The idea behind Provision goes beyond feeding those in need. It's about eliminating waste by working with farms and restaurants to collect excess food that would otherwise end up in the trash. And there's a community component, too: eliminating social isolation by making the restaurant open not only to those experiencing homelessness, but to everyone.

The particulars are in the works, but the plan is to have prepackaged foods (sandwiches, salads) donated by partners like the MIA available at the Provisions food shelf on Mondays and Tuesdays. The full-service dining side will open through the rest of the week. Different restaurant "sponsors" will join with Provision each month—Rustica Bakery is already on board—and will provide food in addition to hosting educational "sustainability dinners." In Rustica's case, specifically, that will take the form of a seminar on how to best stretch a loaf of bread.

And Wienke has no doubt that as time passes, other local restaurants will be on board.



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"I can't believe this is something that doesn't already exist in Minneapolis, anyway—we're so about it. Aren't we at the top for per capita giving and volunteering?" Wienke asks. (We have been, traditionally, and over in Seward, Cafe Racer Kitchen already serves free lunch once a month.)

"It kind of seems like a no-brainer."

## ***There are 3 brand-new vegan restaurants to check out in Minneapolis***

BY EMILY CASSEL

That vegan revolution we've been talking about ad nauseam? It's officially here.

Allow us to present the following as evidence: In September, three (3) new vegan eateries opened in Minneapolis in the span of less than two weeks.

All kale is breaking loose, folks. It's a tarragon takeover. A meatless mutiny. A chicken-surgency. A coup d'etaro. An excuse to unload all of our worst vegetable puns at once.

Below, we've assembled some slightly more useful sentences about the newbies.

### ***Seed Cafe***

Open since September 20, Modo Yoga's adjacent vegan cafe has a little bit of everything. There are breakfast plates and coffee, sandwiches and salads, rice bowls and all-day toasts. You can sit down for a leisurely plant-based brunch, or snag something speedy from the Good-To-Go Market-place. The point is to be "a great restaurant that just happens to be plant-based," Modo/Seed Cafe co-owner Phil Doucette told us back in April.

"The popular items people are raving about are the Breakfast Sandwich and the Chickpea Frittata—both include a good amount of our vegan cheese aioli," Doucette adds now. Elsewhere on the menu, you'll find the Legacy Wrap, which sounds like hand-held

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Pad Thai perfection: peanut sauce, turmeric rice, seared tofu, and tangy slaw with carrot and ginger and garlic. The Grown Up Grilled Cheese (spicy kimchi and fermented chili sauce on sourdough) is billed as “good for your gut and your soul.”

Potentially less good for your gut but very good for your soul? Beer and wine are on the way: Phil says they'll have their liquor license soon.

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612-345-7265, [seedcafempls.com](http://seedcafempls.com)

### Trio Plant-Based

After a successful Kickstarter campaign and plenty of pop-ups, Sunday, September 30, was the start of a three-week grand opening celebration for Trio Plant-Based. And not only do they have meatless soul food platters, and a spread of dairy-free desserts, but there are vegan Spaghettios on the menu.

The only thing likely to warm your heart more than this comfort food menu is the story behind it: Trio's the result of a collaboration between Louis Hunter, who was arrested on trumped-up protest charges in 2016, and Sarah and Dan Woodcock, the couple who pressured prosecutors until those charges were dropped. Their restaurant is dinner-only through the end of October, with lunch, then breakfast, to follow.

610 W. Lake St., Minneapolis  
612-326-1326, [trioplantbased.com](http://trioplantbased.com)

### Vegan East

Last but not yeast: White Bear Lake's vegan bakery destination is finally bringing butterless bliss to Whittier. (A plant-based diet must have given husband-wife co-founders Sheila and Reid Nelson superhuman speed; they announced their expansion to Minneapolis in May, three months after opening their first location, and debuted in the former Ecopolitan space a mere four months later.)

“I think the biggest thing is that we are adding several flavors to our menu,” Reid told City Pages. “Instead of having one flavor of cheesecake, we will have four. Same for cookies, where we



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will have five-plus flavors instead of two or three.” But some stuff is staying the same, too: “For sure, everything we have in White Bear, we’ll have in Whittier,” Reid said earlier this year.

That means their show-stopping cinnamon rolls are now dangerously accessible to Twin Cities vegans: As of October 1, they’re open Sunday through Thursday, and the doors stay open until 10 on Fridays and Saturdays.

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***You’ll find Cambodian comfort food and one of the New York Times’ favorite Twin Cities dishes at Kolap***

BY AAROHI NARAIN

In the 1860s and ‘70s, the Thomas-Dale neighborhood of Saint Paul was named “Froschberg,” or “Frog City,” by its primarily German and Polish population, thanks to its ubiquitous marshes and swamps.

Today, although it’s still referred to colloquially as Frogtown, the area is home to a unique restaurant strip that evokes the diverse flavors of Southeast Asia and East Africa. With Hmong, Vietnamese, and Somali immigrants, among others, settling the area in the past few decades and opening up establishments of their own, today’s Frogtown presents gastronomic adventures and palate-widening possibilities.

(And on a shoestring budget, to boot.)

Cambodians, too, have found a home in Frogtown. Fleeing violence wrought by the brutal regime of the Khmer Rouge, most arrived in the United States as refugees in the late 1970s and ‘80s. There are approximately 8,000 Cambodians living in the state of Minnesota, and last year, as the national debate on immigration raged (as it continues to today), here in the TC metro it was the Cambodian

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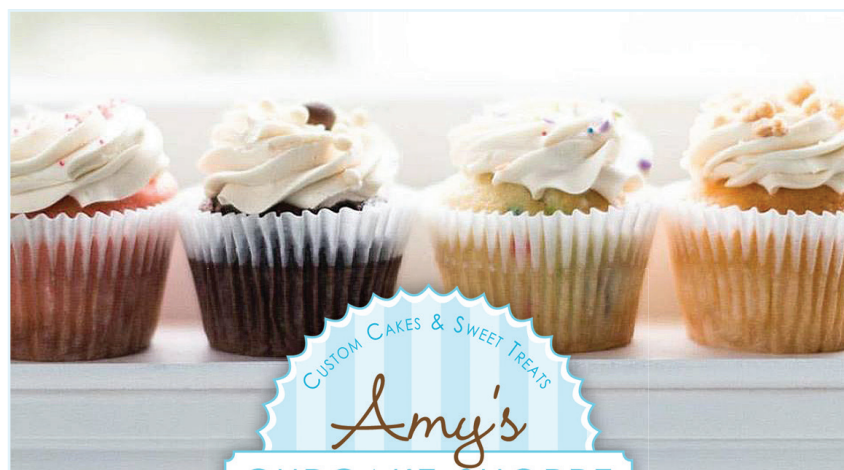
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community that took centerstage.

It should come as no surprise, then, that one of Frogtown's many gems is a Cambodian restaurant. Kolap, located on University and Dale, has been serving stellar, down-to-earth Cambodian fare for more than a decade.

Run by Mr. Saru Pen, who fled Laos via a refugee camp in the Philippines, Kolap is far from St. Paul's best kept secret: The restaurant has been an enduring favorite for parties and banquets in the Cambodian, Laotian, and Hmong communities for years, and its sour soup was even declared the single-most delicious bowl of food in the Twin Cities by The New York Times' Frugal Traveler. As a relative newcomer to the delightful cuisines of the Mekong and loyal customer of Kolap, I'm inclined to agree.

While the menu contains standards like egg rolls, spring rolls, various kinds of fried rice, and noodle dishes, it's the sour soup and Cambodian-style pork dip, in particular, that position Kolap among the Twin Cities' best Cambodian restaurants. The sour soup is sunshine in a bowl: nuggets of tender tilapia, pineapple, and bitter melon swim in a tart broth infused with lime, lemongrass, and aromatic cilantro. Pair this with spicy prahok ktiss, a minced pork and pea aubergine dip laced with fish sauce and thinly sliced red chilis. Served with fresh veggies and hillocks of jasmine rice, the bold, earthy flavors of the dip complement the bright and fragrant soup—a satisfying meal best savored on cold days.

With lilting Khmer tunes floating through the establishment from opening to close, a trip to Kolap may well be something of a pilgrimage for people of Cambodian descent living in Minnesota—a chance to (re)connect with one's heritage. But for the deeply familiar and unacquainted alike, the food at Kolap is pure nourishment for the soul.

## KOLAP

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## New in Uptown, Brim has bountiful bowls and beautiful Bde Maka Ska views

BY STACY BROOKS

A long-vacant spot on West Lake Street with a postcard view of Bde Maka Ska has a new tenant: Brim, a counter-service restaurant owned by Kate and Patrick Sidoti, a husband-and-wife team who met while jogging around the nearby lake.

"This is a community-based neighborhood," says Kate. "So we're doing something a little different: We're a quick-service restaurant that's connected to the community like a full-service restaurant."

"We're a vibrant, healthy option for people who love the lake. We live down the street, and this is how we cook at home," Patrick adds.

How the couple cooks at home might be on a different level than the rest of us. Kate, who trained at the Natural Gourmet Institute in New York City, owned a catering company in Park City, Utah, where she expanded and developed her health conscious, plant-based recipe repertoire.

The menu she's developed for Brim is structured around bowls built on a base of greens or grains, with the familiar fast-casual pick your protein and add some toppings format. You can either build your own or pick from a list of six signature options, including a sticky rice bowl with a poached egg, smoky pulled beef and chipotle, and a plant protein grain bowl.

Brim isn't going to be your jam if you like to compartmentalize your plate. While the ingredients are well-executed (especially the sous vide poached egg, cauliflower goat cheese gratin, and spicy cucumbers), they don't really pop alone—the magic happens when you combine them, scooping up a little bit of this and a little bit of that to craft a perfect bite. For example, a bit of cauliflower goat cheese gratin was best when paired

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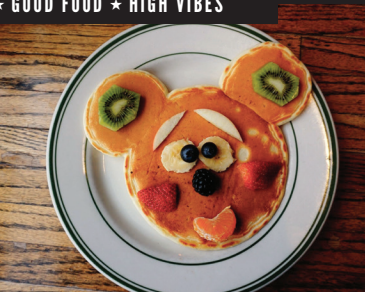
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with a few tender shreds of pulled brisket and some kernels of corn. The brussels sprouts in the sticky rice bowl are fine, but they become something glorious when you dip them into the yolk from that poached egg.

There are plenty of satisfying vegetarian, vegan, and gluten-free options on the menu—but unlike many restaurants, they aren't denoted with any sort of symbol. "I hope people come in open to all dietary needs," says Kate. "It's just good food, a well-rounded way of eating."

That way of eating includes plant-based proteins like sage white beans and baked tempeh, a dairy-free cashew chipotle aioli, and grass-fed beef. The grain-free "Brim Bread" muffins are made with almond and coconut flours. While you won't mistake them for the wheat-based variety, they do have a pleasantly plump, soft texture, with a familiar flavor from flecks of rosemary.

Desserts are made in-house and are gluten-free and naturally sweetened. The almond butter chocolate cherry cookie was a nice flavor combination, but the dry, crumbly texture was a letdown. On the other hand, the date cake was a comforting slice of chocolate-glazed nostalgia—it tastes like something your mom would make for company, and we never would have guessed it was gluten-free.

The food's homey vibe is carried through to the restaurant's decor: Bowl ingredients are served from a row of Le Creuset Dutch ovens, and the soothing pink and teal color palette urges you to settle in and linger. Accordion doors face Bde Maka Ska, positioned so that diners can watch the sun set over the lake.

"This part of town is special to us," says Patrick. "I hope people have a positive experience here, for years to come."

#### BRIM

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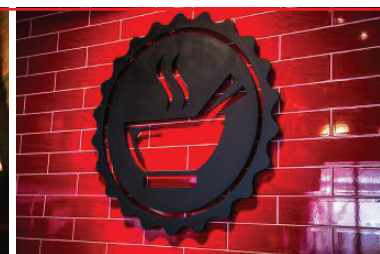
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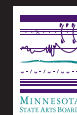
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